

What to take for arthritis pain?



Take a walk. A bike ride.

A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. If 30 minutes at once is too much, try 10 or 15 minutes a few times a day. To make it fun, invite a friend or family member to join you. Stick with it, and in just four to six weeks you could be hurting less and feeling better.

**Physical Activity.
The Arthritis Pain Reliever.**

Call 1-800-568-4045 to learn more.

A MESSAGE FROM THE
CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES

